



# NEED A LIGHT TO GUIDE YOU?

MHN's Employee Assistance Program can help you find your way back to happier shores. We're there whenever you need us, to help with:

- » Stress and depression
- » Grief and loss
- » Alcohol and substance issues
- » Family, marital and relationship challenges
- » Anger management
- » Financial and legal challenges
- » Balancing work and life

Call us toll-free anytime:

**(866) EAP-4SOC    (866) 327-4762**

TDD callers, please dial: (800) 327-0801

Or visit: **eap4soc.mhn.com**

Wallet Card Here



**MHN**  
A Health Net Company<sup>SM</sup>